



The NEW YOU

July 2018

INSIDER TIPS FOR A HAPPY, HEALTHY AND GLAMOROUS LIFE

From The Desk of Dr. D



Summertime and the livin is easy...I'm actually hearing people complain about the heat! Are you kidding me? After this past winter, bring on the hot humid days of summer! I want to feel sweaty and swim in the pool at the Oneonta Tennis Club. The winters are getting to me so let it swelter! I had hoped for a slower and easier summer but it's filling up with activities!



Family and Friends:

Ilsa's graduation (my baby!) from homeschool high school was fun and I saw my **only brother, Bret**, and my mother and several of my girls too! They did a neat

photo collage of the graduates before the ceremony showing highlights of their lives. Bret lives north of Philadelphia and we're planning on dinner soon. **Hope** is driving cross country to California for her new job with Google. She's doing a lot of hiking in the National Parks on her trip. Unfortunately on the



first leg of the journey, one of her car windows was smashed open by thieves who did not take anything. Strange world. **My mom (Elaine "Ditter" Dohner)** is still cleaning out her house to move in with my sister soon. She had three

very old Singer sewing machines to give to my daughters at Ilsa's graduation. They smelled musty but work just fine.

I was in **Cleveland** in June for a conference and saw several acquaintances I haven't seen in

years. While there Laura spent time with her mother and we went to the musical **Beautiful** about Carole King at the downtown Playhouse Fair. I was blown away by the musical and the theater, which is an old elegant restored palace very much like Proctors in Albany. This area was



the birthplace of rock and roll! We also spent time downtown Cleveland which is a hopping place and went to a comedy club with 3 very different comics, all of whom were very funny. The nation's largest exotic car dealer (including a **\$2,000,000 Lamborghini**) is in Cleveland and I toured it with several of the conference attendees. There were over 100 amazing cars anyone of which I'd happily drive.



Don Orioli's Party (the son of the creator of Felix the Cat) over Memorial Day weekend was intense! Over 1000 people were there despite the cold and rain but he had 3 bands, a huge

bubble maker, rides for kids, amazing food and drinks, and Dinosaurs! We have not seen him for



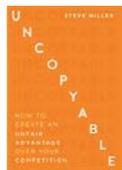
at least 18 months but he recognized us immediately (well he knew who Laura was anyway... LOL)

Kathy Dungan's Golf Benefit went well and raised a bunch for her Christmas for Cubbie charity. It happens every June so mark your calendars for next year.

I ate at the **Shire Pub in Delhi** and was impressed with the renovations and the food. They are having a Grand Reopening Party on Saturday July 7th. You can make reservations by calling **746-8758**. We're enjoying lunches from **Bistro 163** at the office and they now have a full bar and patio seating for the summer.



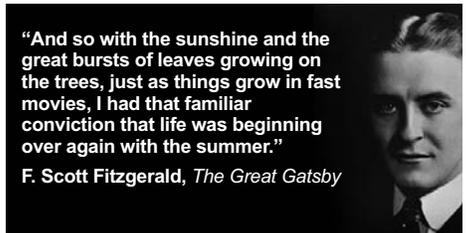
It's official: ZZ Top is coming to Oneonta for the Catskill Area Hospice Fundraiser. There will also be celebrity chefs and food trucks too. It happening on Saturday August 25th and you can get tickets at **cahpc.org** but you better get them NOW as they're selling out fast!



What I'm Reading: Uncopyable by Steve Miller No, not the guy with the band named after him! This Steve Miller is a business advisor known for his edgy, perspective. He's also the son of the co-inventor of the 8-track (remember those?) and has played on the PGA Tour. I'm really enjoying this book as you can tell.

What I'm Watching: I gave up on **Archer** as it has become a parody of itself. Summer TV is awful.

What I'm wearing: linen and Ralph Lauren shorts (just not in the office) And I recently found a really neat martini glass Hawaiian shirt - in peppermint green! (Not my usual color).



"And so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer."

F. Scott Fitzgerald, *The Great Gatsby*



Before

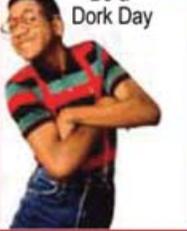
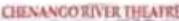


After

THERMiSmooth™

ThermiSmooth now has a much larger treatment tip for tightening the eye area and treating **DRY EYE SYNDROME** too. It treats dry eye by stimulating the nerves that produce tears and you get a nice cosmetic result too. Call the Oneonta or Binghamton offices today for a **complimentary** consult with the laser nurses to see if ThermiSmooth is right for you!

JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 Last Day of The New York Faerie Fest Ouaquaga</p> 	<p>2 World UFO Day</p> 	<p>3 National Compliment Your Reflection Day</p> 	<p>4 Independence Day</p> 	<p>5 Sidewalk Egg Frying Day</p> 	<p>6 The Last Cigar Chenango River Theatre Greene NY</p> 	<p>7 Bitter Banquet: An Euripidean Song Cycle</p> 
<p>8 Body Painting Day</p> 	<p>9 National Sugar Cookie Day</p> 	<p>10 Pick Blueberries Day</p> 	<p>11 Wendy Slicer</p> 	<p>12 Find Us On Facebook</p> 	<p>13 A Walk in the Woods</p> 	<p>14 National Nude Day!</p> 
<p>15 Be a Dork Day</p> 	<p>16 Global "Hug Your Kids" Day</p> 	<p>17 Hard Travelin With Woody Chenango River Theatre Greene</p> 	<p>18 Mary Chapin Carpenter Foothills Oneonta</p> 	<p>19 Ana Egge</p> 	<p>20 National Lollipop Day</p> 	<p>21 Rooster</p> 
<p>22 Parent's Day</p> 	<p>23 Vanilla Ice Cream Day</p> 	<p>24 6th Annual "100 Women Who Care" Fundraiser</p> 	<p>25 Steve Fabrizio</p> 	<p>26 GUARANTEED SATISFACTION GUARANTEED EVERY DAY!</p> 	<p>27 Take Your Pants for a Walk Day</p> 	<p>28 National Day of the Cowboy</p> 
<p>29 National Lasagna Day</p> 	<p>30 sign up</p> <p>GIVE US YOUR EMAIL ADDRESS TO GET Exclusive Email Offers</p> <p>info@nysvc.com</p>	<p>31 National Mutt's Day (Celebrate Your Best Four Legged Friend)</p> 	<p>If You Want To Get Rid Of The FAT Once and For All Then Vanquish Fat Melting is the Answer!</p> <p>Four Year Study Shows Vanquish Keeps The Fat Off For Good!</p> <p>Find out Why Nonsurgical Painless Fat Melting is Better Than Freezing. Call for our Free Report about Getting Rid of Your Muffin Top, Beer Belly, Love Handles, Bat Wings, Thunder Thighs, & Saddle Bags!</p> <p>Call (607) 286-0061 NOW for your Complimentary Consult and a Free Skin Care Product and \$100 Off Vanquish to Get Your Body Back. Hurry - Offer Expires End of This Month! New York Skin and Vein Center - Binghamton and Oneonta</p>			

Address/links to events: bside ballroom: Clinton Plaza, Oneonta (www.bsideballroom.com) - Turning Stone: Verona, NY (www.turningstone.com) - Foothills Performing Arts Center: Oneonta, NY (www.foothillspac.org) - Proctors: Schenectady, NY (www.proctors.org) - Otesaga Hotel: Cooperstown, NY (www.otesaga.com) - Anderson Center: Binghamton University (www.binghamton.edu/anderson-center/) - SUNY Broome Ice Center: Binghamton, NY (www.sunybroome.edu/web/campus-life/ice-center) - CANO Gallery: at the Wilber Mansion, Oneonta (www.canoneonta.org) - Hunt Union Ballroom - SUNY Oneonta: Oneonta, NY (www.oneonta.edu) West Kortright Centre: East Meredith, NY (www.westkc.org) - Magic City Music Hall: Binghamton, NY (www.themagiccitymusichall.com) - The Forum Theatre: Binghamton, NY (www.broomearenaforum.com) - Oneonta Theatre: 47 Chestnut St, Oneonta, NY (oneontatheatre.com) - Brewery Ommegang: 656 Co Hwy 33, Cooperstown, NY (www.ommegang.com) - NY Faerie Festival: Ouaquaga NY (www.nyfaeriefest.com) The Blarney Stone Pub Norwich, NY - Oneonta Outlaws Baseball (www.OneontaOutLaws.com) - www.stagecoachrun.com - Studio O: 50 Dietz St, Oneonta, NY 13820

NEW YORK SKIN & VEIN CENTER: 6 Country Club Rd., Oneonta, New York 13820 - (607) 286-0061 also at 157 East Main St, Norwich, NY - (607) 286-0695, 6 Franklin Rd, Walton, NY - (607) 865-5800, 150 Broad St, Hamilton, NY - (315) 750-1470 and 75 Pennsylvania Ave., (Next to BGH) Binghamton, NY 13903 - (607) 286-0694 info@nysvc.com - www.nysvc.com

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- Varicose Veins Treatment: In-Office Awake Surgery
- Exilis Lunchtime Face Lift and Tummy Tuck
- Bellafill - the 5 Year Filler
- Laser Tattoo Removal
- Vanquish Full Body Fat Melting

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Email at: Info@nysvc.com

Facebook: [NewYorkSkinandVeinCenter](https://www.facebook.com/NewYorkSkinandVeinCenter)

Visit our website at www.NYSVC.com



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Anne St. Pierre, NP
Nurse Practitioner
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Who We Are. What We Do. Where To Find Us.

Originally known as Oneonta Laser Derm, New York Skin and Vein Center was founded in 2001 by Dr. Dohner, who is the area's only board certified varicose vein specialist (ABVLM). Originally located at 41-45 Dietz St in Oneonta as Oneonta Laser Derm, the practice expanded and changed the name to New York Skin and Vein Center. We now have 5 locations with 3 dermatology PA's and NP's, 5 laser nurses and technicians, with two private surgical facilities for your safety, convenience, and privacy.

Last Month: In case you weren't able to attend our **Mommy Makeover Dinner Party** in Binghamton, we talked about all the non-surgical options for reversing the effects of time and childbirth.

We had a great turnout and guests were very generous in their donations for one of our favorite causes **RISE** (a local shelter for women and children in crisis) Look at all the amazing gifts they brought! Thank you to everyone who attended.

Upcoming events: We're taking the summer off from hosting dinner parties but will see you in September.

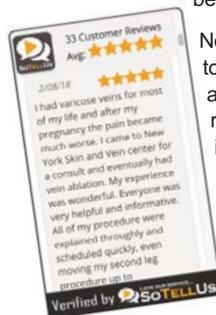


We Get Mail!

Having been a patient of both Stan Anderson (before he came here) AND Dr. Dohner, I can tell you they are the best! Stan removed some skin cancer last week and did a great job. I can see where the scar will be smooth and straight. Good Job! - **Teri Tripp-Lanciault**

The New You is a monthly conversation about life as it looks from the helm of New York Skin and Vein Center. I believe in strong relationships; and this newsletter is my way of showing you who we are.

Some of you I see often, some of you come in every three months and few of you only once every few years - so we can go a long time without seeing you. And lot can happen in a year or two! This newsletter is my way of keeping in touch. The purpose of creating an open dialogue between us so that you can get to know who we are as a company.



Nothing makes me happier than when I get mail. I'm interested in what you have to say and enjoy responding to your comments. So send your thoughts, wishes and questions to me, Dr Dohner, at INFO@NYSVC.com and I will be sure to respond right away. BTW: Summer TV is awful. If you're watching anything interesting let me know.

Dr D

P.S. Every month I try to rise to the mammoth challenge of making a "medical newsletter" a great read. If I've failed in your eyes to do that, you can unsubscribe by sending an email to INFO@NYSVC.com.



6 Country Club Road, Oneonta



75 Pennsylvania Ave., Binghamton

Cool Recipes For A Hot Summer's Day

Is it just me or did it seem to take forever for summer to arrive this year? Now that it's finally here I'm firing up my grill and calling all my kids (I have 7 of them) because Summer Means "Grillin' and Chillin'" at the Dohner homestead. And the first recipe I'm going to be preparing for my family is this incredible grilled shrimp dish with lemony-garlicky sauce. It's delicious. Enjoy!



Dr D's Splendid Summer Spicy Lemon-Garlic Shrimp Skewers

Ingredients:

1 1/2 pounds extra-large shrimp (21/25),
peeled and deveined, tails left on
2-3 tablespoons olive oil for brushing skewers

Salt and ground black pepper
1/4 teaspoon sugar
Spicy Lemon-Garlic Sauce (recipe below)
Lemon wedges for serving

Directions:

1. Pat shrimp dry with paper towels. Thread shrimp onto 3 skewers, alternating direction of heads and tails. Brush both sides of shrimp with oil and season lightly with salt and pepper. Sprinkle one side of each skewer with sugar.
2. Light large chimney starter filled with charcoal (6 quarts, or about 100 briquettes) and allow to burn until coals are fully ignited and partially covered with thin layer of ash, about 20 minutes. Empty coals into grill; build modified two-level fire by arranging coals to cover one-half of the grill, piling them about 3 briquettes high, leaving the other half empty. Position cooking grate over coals, cover grill, and heat until hot, about 5 minutes; scrape grate clean with grill brush.
3. Set disposable aluminum pie plate with sauce ingredients over hot side of grill and cook, stirring occasionally, until hot, about 1 1/2 minutes; transfer plate to the cooler side of the grill. Place shrimp skewers, sugared sides down, on the hot side of grate; use tongs to push shrimp together on a skewer if they have separated. Grill shrimp, uncovered, until lightly charred, 4 to 5 minutes. Using tongs, flip and grill until the second side is pink and slightly translucent, 1 to 2 minutes longer.
4. Using potholder or oven mitt, carefully lift each skewer from grill; use tongs to slide shrimp off skewers into pie plate with sauce. Toss shrimp and sauce to combine and transfer pie plate to the hot side of grill; cook, stirring, until shrimp are opaque and fully cooked, about 30 seconds. Remove from grill, add remaining sauce ingredients and toss to combine. Transfer to serving platter and serve immediately with lemon wedges.

Spicy Lemon-Garlic Sauce for Shrimp Skewers

Ingredients:

4 tablespoons unsalted butter, cut into 4 pieces
4 tablespoons fresh lemon juice, from 2 lemons
1/2-3/4 teaspoon red pepper flakes
3 medium cloves garlic, minced or pressed through a garlic press (about 1 tablespoon)
1/8 teaspoon table salt
Disposable 10-inch aluminum pie plate
1/3 cup minced fresh parsley leaves

Directions:

Combine butter, lemon juice, pepper flakes, garlic, and salt in pan. Cook over hot side of grill, stirring occasionally, until butter melts, about 1 1/2 minutes; transfer to cooler side of grill and proceed to grill shrimp, adding parsley just before serving.

And what is summer without a signature cocktail? Treat your guests to this deliciously refreshing drink

Red White and Blue Sangria:

We took this to a martini party in June and it was the **belle of the ball!**

Ingredients:

2 bottles dry white wine
(Sauvignon Blanc is good)
1 cup triple sec
1/2 cup berry-flavored vodka
1/2 cup freshly
squeezed lemon juice

1/2 cup simple syrup
(see tips below)
1 cup blueberries
1 1/2 cups hulled
and sliced strawberries
1 cup raspberries
1 1/2 cups pineapple chunks

Directions:

Combine all ingredients in a large punch bowl or pitcher and stir well. Cover and refrigerate at least 4 hours.

Serve well-chilled with a good scoop of fruit floating in each drink, or serve over ice.

TIPS: To make 1/2 cup simple syrup, boil 1/2 cup water and add 1/2 cup granulated white sugar. Turn heat to simmer and stir until dissolved. Turn off the heat and let cool. Now it's simple syrup!

Use fresh fruit for this recipe. Frozen just won't be great. To make star-shaped pineapple pieces, cut long & wide pieces of pineapple off the side of the fresh fruit. use a star cutter to cut shapes.





Dr D's Complete Guide To Summer Hair Care

(Or, How Not To End Up With His Hair Style)

Planning Ahead

At the start of the summer, visit your hair stylist for a trim to get rid of dead ends that could turn into split ends. Talk to him or her about your summer hair goals; a good stylist can suggest a style that will air dry better if that's your summer thing. And remember that hair grows faster in the summer, so plan on getting another trim in five weeks, not the usually recommended six

Scalps Can Get Sunburned Too!

Most people tend to neglect their scalp when they apply sunblock after all, who wants to put heavy thick lotion on their newly washed locks? As you know, protecting your delicate skin from sunburn (and potential skin cancer) is extremely important. You

can try diluting your usual sunscreen with water and spraying it onto your scalp or alternatively, there are sunscreens made especially for your scalp including: **ZO SKIN HEALTH Broad Spectrum Sunscreen SPF 50**. But the best way to protect your scalp from the sun is with a hat made of UPF material - see our suggestions below

Summer Can Be Cruel To Coloured Hair

Blondes need to be especially careful during the summer months when sun, sand, and chlorine can leave you with hair as green as a shamrock! Try washing your hair with **Malibu C shampoo** can help, also ask your stylist about deep conditioners and keratin treatments to maintain hair health and keep it shiny and vibrant. Don't think you're safe Brunettes - summer pastimes such as swimming can put your dark locks at risk of becoming "brassy". causing your color to become brassy.



Protect your color with a heat protection/UV protection spray, such as **Bamboo Beach Summer Sunshine Spray**. Hairstylists suggest spraying it liberally about five inches away from your hair, from mid-shaft to the ends, then letting your hair dry naturally.

Wear Your Hair Up



No one wants oily looking hair. For lush looking locks (and to keep you looking and feeling fresher) keep hair away from makeup, oils, and sweat with a fishtail braid or simple updo (if you don't know how to see Youtube for tutorials) Moving your hair away from common sweaty areas such as your forehead and the back of your neck not only helps you look better it also has the added bonus of helping keep your skin from breaking out. So remember to stash bobby pins and covered elastic bands in your beach bag.

Fight The Frizz!

Hair tends to get frizzier during summer both because it's more humid out and because the hair itself is likely to be drier and more damaged. Tame your hair with a good quality anti-frizz spray such as **Living Proof No Frizz Humidity Shield** (\$22 from Sephora)

According to **John Thompson**, cut and color specialist at **US Hair Salon** (located in The River House Front Street), "There are a lot of UV sprays available on the market but mostly they have little effect. A hat is still your best bet for protecting both your hair and your skin from sun damage".



Here are some great looking hats (all available through Prime at Amazon.com)



Embrace your inner movie star with this gorgeous bucket hat from SaggiHat Packable with a UPF of 50, the Straw Sun Hat Women Summer Beach Wide Brim Fedora Travel Hat is available (on Prime) from www.Amazon.com for only \$19.98



A little less glamorous but still on trend, the Scala Women's Cotton Hat with Inner Drawstring and UPF 50+ Rating will keep you looking and feeling cool all summer long. www.Amazon.com \$28.00



Love our first hat but need a wider brim? Look no further than the FURTALK Women's Beach Sun Straw Hat. Also with a UPF 50 rating, this travel hat is foldable Travel Foldable, fashionable and very very affordable at \$16.99 (Shown here in natural it is available in several colors). www.Amazon.com



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- What Going On Around Town - Find Out On Page 2
- Turn to Page 4 For My Sizzling Summer Entertaining Recipes
- Easy Ways To Have Great Looking Hair This Summer On Page 5
- I've Been Busy! Turn to Page 1 For The Details.

If You or Anyone You Know Would Like a Copy of This Newsletter, Please Call Us at 607-286-0061 or email us at Info@NYSVC.com with your name, address and email. We'll Get One in the Mail ASAP!

If You Want to Get Rid of the **FAT** Once and For All

Then Vanquish Fat Melting is the Answer!

4 Year Study Shows Vanquish Keeps the Fat Off for Good!



FIGURE 1 Patient ID3 photographs. Baseline, 1 month after, 4 years after (from left to right)

Find out Why Nonsurgical Painless Fat Melting is Better Than Freezing. Call for our Free Report about Getting Rid of Your Muffin Top, Beer Belly, Love Handles, Bat Wings, Thunder Thighs, & Saddle Bags!

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